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Exxon Mobil's crude cleanup

Exxon Mobil says crews are working to contain a spill of Canadian crude oil following a pipeline rupture in the United States. PAGE 6

ENOUGH TO DRIVE A MAN MAD

AFTER SIX SEASONS, MAD MEN CREATOR LEARNED HIS LESSON: DON'T READ ONLINE CRITICISM. IN OTHER NEWS, PEGGY OLSON'S BACK! PAGE 8

Shawn Fehr and his daughter Chaplyn, 9, were among hundreds of Winnipeggers who stopped by the Portage Place IMAX on Sunday for the theatre's last show.

SHANE GIBSON/METRO

Curtain call for 'Peg's first IMAX

Full circle. Hundreds show up for replay of theatre's first film, shown over 25 years ago

SHANE GIBSON
shane.gibson@metronews.ca

Hundreds of Winnipeggers went downtown Sunday for one last IMAX experience at Portage Place.

In January, the Forks North Portage Partnership, which has independently run the theatre since it opened, announced it was shutting down at the end of this month. To say goodbye, Winnipeg's original IMAX theatre offered four free screenings of Heartland — the first film to grace the giant screen at the then-brand-new theatre back in 1987.

"We were shocked that it was closing so we wanted to pay one last homage," said Shawn Fehr, 43, who came for the theatre's swan song with his nine-year-old daughter Chaplyn Fehr and his fiancée, Grace Chubka. "It's a shame; it's kind of sad to see it going."

An employee at the box office told Metro more than 200 people attended each of the four screenings — a far busier day than the 270-seat theatre has seen in recent memory, she said.

Clare MacKay of the Forks North Portage Partnership told Metro back in January that the decision to close was not easy, but it came after several years of losing money. She pointed to competition from a second IMAX theatre at Silver City Polo Park, and a drop in school-group revenues as being partly to blame.

"The theatre world has changed substantially over the last few years," she said. "It's just not something we can keep pace with."

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NEWS 1

Rally shows support for Bill 18

Ryan Zacharias speaks to several dozen people on the steps of the legislature building Saturday to support Bill 18. The anti-bullying bill has become controversial due to its stipulation that any school that receives public funding must allow students to form a Gay-Straight Alliance group if they choose. Religious leaders call the bill an infringement on their freedoms. HOWARD WONG/METRO

Yvonne Brill. Rocket scientist born in Winnipeg dies at age 88

Yvonne Brill, a Winnipeg-born rocket scientist who invented a propulsion system to help keep communications satellites from falling out of orbit, has died.

The New York Times reported Sunday that Brill passed away on Wednesday in Princeton, N.J., at the age of 88.

The rocket system she developed in the early 1970's became the industry standard, and it was the achievement that U.S. President Obama mentioned in 2011 in presenting Brill with America's National Medal of Technology and Innovation. THE CANADIAN PRESS

Yvonne Brill HANDOUT

Dozens of city homes to see sandbagging

Flood preparation. South-end homes at risk, city staff say

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The City of Winnipeg is making thousands of sandbags available to 26 properties officials believe are at-risk of flooding.

While these 26 properties will need extra care, city officials said overland flooding and sewer backups could cause the biggest headaches for homeowners — not flooding from the Red River.

"What we do is we start to activate our flood pumping stations, we got drainage pipes that run into the river, those pipes are closed off," said Grant Mohr, flood protection planning engineer with the city's water and waste department.

"We check those pipes to make sure that they're not leaking and we keep the river from backing up into our system. The city is prepared for this year's flood."

Mohr said the city is not expecting serious flooding this year; in fact, Scotia Avenue, which has been known to flood in the past, does not require sandbagging.

The city will be notifying the owners of the 26 affected properties by the end of next week, as well as making 32,000 sandbags available to them.

Scott Payne, flood co-ordinator for the City of Winnipeg's public works department, said the city has 85,000 sandbags ready to go.

"We're also continuing to make sandbags into next week and we should have ... 130,000 bags filled by next week."

In the danger zone

The City of Winnipeg is keeping a close eye on:

- St. Pierre Street, Christie Road, Cloutier Drive, Turnbull Drive, Rue des Trappistes, Forbes Road, Kilkenny Drive and St. Mary's Road, near Guay Park

Grant Mohr, flood protection planning engineer with the City of Winnipeg's water and waste department, said the city has identified 26 properties in need of sandbagging. BERNICE PONTANILLA/METRO

Surgery gone wrong

Girl's death ruled an accident

Manitoba's chief medical examiner says the death of a 10-year-old girl after minor surgery was an accident.

Ashuza Halisi died March 13 after the operation at Maples Surgical Centre two days earlier.

The medical examiner says Ashuza died of an infection from a bowel that was punctured during a procedure to fix an umbilical hernia.

He is not calling an inquest into her death, but suggested a pediatric doctor review the surgery and the post-operative care the girl received.

The Winnipeg Regional Health Authority has already responded with plans to retain someone from outside the province.

"We know this has been a very trying time for the Halisi family," Dr. Brock Wright, senior vice-president at the health authority, said in a release Thursday.

"We are working with Maples Clinic to see what improvements can be made as a result of this case."

Wright said discharge instructions provided to families following day surgery are already being reviewed and follow-up calls are being made within 24 hours rather than 48 hours.

Ashuza's family members have said their main concern is that the same thing doesn't happen to someone else.

THE CANADIAN PRESS/CJOB

WE WENT NUTS OVER SAME APRIL FOOLS GAG

WHAT'S GOOD
Ace Burpee

Every single year when I was kid, and I mean every year, my sister and I fell victim to the exact same April Fool's prank.

On April 1, my sister and I would drag ourselves out of bed and sit at the kitchen table for breakfast before we had to go outside and feed the chickens. Once seated, my mother would excitedly yell "Oooh, come to the window, quickly ... there's a squirrel, A SQUIRREL!!!!"

My sister and I would leap from the table — apparently having never heard of something so crazy in our lives — and press our faces against the window eagerly, while my mother proudly proclaimed "April Fool's!"

Every year. Same joke. Worked 100 per cent of the time. Not once did it occur to either myself or my sister that we lived in the country, and seeing a squirrel — or a raccoon, a beaver, a muskrat or a deer for that matter — was actually the most common thing in the world. There was nothing even remotely unique about it.

Therein lies the beauty of it, as every year my sister, now in her forties and a mother, texts me on April 1st to remind me how awesome it was that we got punked repeatedly by the same simple gag.

When you're a kid, you can pretty much get excited about anything. You haven't yet met your enemies known as pessimism, skepticism, or doubt. Pretty much anything can be awesome when you're a kid. When or why that changes I do not know, but it's worth preserving, or at the very least remembering.

Finding fault with pretty much everything and anything, negativity, and being jaded are popular things to do these days, which is far more foolish an endeavor compared to how pumped you got for things when you were 7. We should try to be that person a bit more. Have a great day.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.

University of Manitoba. No injuries reported after truck crashes into U of M's stairs

Police have spoken to the three occupants who they said fled from a truck after it crashed into concrete stairs at the University of Manitoba early Friday, but there's no word on whether charges will be laid.

The intersection of Chancellor Matheson Road and University Crescent was closed for several hours after a pick-up truck travelling eastbound on Chancellor Matheson Road hit a curb, went over the sidewalk, and crashed into the pedestrian stairway near the Frank Kennedy Centre around 3 a.m.

Police said the truck had been travelling "at a high rate of speed" before the accident, and U of M security said three suspects were seen running from the vehicle just after the crash. A release from police did not mention any injuries and only said members of the Central Traffic Unit are continuing their investigation. METRO

A tow truck prepares to remove the smashed truck. HOWARD WONG/FOR METRO

Bringing power to the people

Crews from Manitoba Hydro repair a pole on Aberdeen Avenue Sunday. Two hydro pole fires saw East Kildonan, West Kildonan and Garden City neighbourhoods in the dark, leaving about 8,000 homes without electricity until around noon. HOWARD WONG/FOR METRO

Winnipeg police were on the scene Sunday at a housing complex on Martha Street investigating what they called a serious assault. SHANE GIBSON/METRO

Serious assault under investigation

Easter Sunday. Police haven't confirmed reports of homicide, but pool of blood seen at building where man was taken to hospital

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police are investigating after a man was seriously assaulted in South Point Douglas Sunday morning.

Police were called to a series of townhouses in the first 100 block of Martha Street, near the Disraeli Freeway, around 6 a.m. where a man was taken to hospital in serious condition.

A man in the area told reporters he'd heard police were investigating a homicide, but police did not confirm that report.

A pool of blood could be seen on the front steps of one of the three doorways into the building, and several police markers could be seen leading up the inside stairway behind another entrance two-doors down, where an officer with the Identification Unit took pictures.

Another man, who told Metro he had come to visit his father in one of the second floor apartments on the block, said he was surprised to see police tape around the building.

"I know everybody in here, and I don't want any of them to get hurt — they're all my friends," said the man, who refused to give his name, but did say his father has lived in the building for about 20 years. "They're not violent, there's just two guys up there and six women."

The man told Metro the block has nine units.

Police did not release any further information, and said the investigation is in the preliminary stages.

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Nukes not on bargaining table, North Korea says

Threats. Analysts say attack on U.S. is unlikely, but situation could escalate into localized skirmishes

South Korean Army soldiers patrol near the village of Panmunjom in Paju, South Korea, Sunday. North Korea warned South Korea on Saturday the Korean Peninsula had entered "a state of war." AHN YOUNG-JOON/THE ASSOCIATED PRESS

A top North Korean decision-making body issued a pointed warning Sunday, saying that nuclear weapons are "the nation's life" and will not be traded even for "billions of dollars."

The comments came in a statement released after North Korean leader Kim Jong Un presided over the plenary meeting of the central committee of the ruling Workers' Party.

The meeting, which set a "new strategic line" calling for building both a stronger economy and nuclear arsenal, comes amid a series of near-daily threats from Pyongyang in recent weeks, including a vow to launch nuclear strikes on the U.S. and a warning Saturday that the Korean Peninsula was in a "state of war."

Pyongyang is angry over annual U.S.-South Korean military drills and a new round of UN sanctions that followed its Feb. 12 nuclear test, the country's third.

Analysts see a full-scale North Korean attack as unlikely and say the threats are more likely efforts to provoke softer policies toward Pyongyang from a new government in Seoul, to win diplomatic talks with Washington that could get the North more aid, and to solidify the young North Korean leader's image and military credentials at home.

THE ASSOCIATED PRESS

Brinkmanship?

Justifying its nuke pursuit

North Korea has called the U.S. nuclear arsenal a threat to its existence since the 1950-53 Korean War. Pyongyang justifies its nuclear pursuit in large part on that perceived U.S. threat. While analysts call North Korea's threats largely brinkmanship, there is some fear that a localized skirmish might escalate. Seoul has vowed to respond should North Korea provoke its military.

Influx of Syrian refugees. Canada announces $13M in aid for Jordan

Canada is giving the Middle Eastern country of Jordan an additional $13 million to help deal with a crush of Syrian refugees.

Foreign Affairs Minister John Baird announced the aid after meeting with Jordanian officials, including the country's King Abdullah, on Sunday.

"Jordan has consistently demonstrated a leadership role in the pursuit of a just and lasting peace in the Middle East, and it continues to lead in the face of the ongoing crisis in Syria," Baird said in a statement.

Canada has already given Jordan $11.5 million to help deal with more than 380,000 Syrian refugees who have arrived there in the last two years.

The United Nations estimates more than one million people have fled the ongoing violence in Syria, and millions more are internally displaced.

Baird says the new funds will help deal with the immediate humanitarian and security needs created by the influx. THE CANADIAN PRESS

In this image taken from video obtained by the Ugarit News, a fire rages at the Syrian government checkpoint in Dael, Syria, less than 15 kilometres from the Jordanian border, on March 28. UGARIT NEWS/THE ASSOCIATED PRESS

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Environmentalism.
Canada lauded for tough stance on Arctic pollution

Canada is winning a rare bit of environmental praise from the international community for its stance on pollution from shipping in Arctic waters.

Documents show Canada is pushing hard to outlaw the discharge of oily wastes or garbage anywhere in the North.

Canada's proposal, during negotiations for a mandatory global shipping code in the Arctic, has won the support of several countries including Germany and France — nations that often criticize Canada over climate change and management of wildlife.

Canadian negotiators proposed high standards, based on legislation that has been in place since 1970.

"The Canadian and Antarctic experience demonstrates that a zero discharge standard is practicable," says the Canadian proposal.

THE CANADIAN PRESS

Canada is pushing to outlaw the discharge of oily waste or garbage anywhere in the North. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Canuck warship makes huge heroin bust at sea

500 kgs. HMCS Toronto part of naval task force patrolling Indian Ocean

HMCS Toronto seized some 500 kilograms of heroin from a boat in the Indian Ocean last week, according to the Department of National Defence.

The drugs were found on Friday after a naval boarding party searched the vessel as part of a security operation.

HMCS Toronto's commanding officer said it is one of the largest heroin seizures in a maritime environment.

Cmdr. David Patchell said the bust doesn't just keep drugs off the street, but also hurts the finances of terrorist organizations.

HMCS Toronto is part of an international naval task force patrolling the Arabian Sea and Indian Ocean.

THE CANADIAN PRESS

The warship HMCS Toronto. HANDOUT/CPL. MALCOLM BYERS, HMCS TORONTO, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

London, Ont.

Corpses found in apartment

A 38-year-old man is facing charges in the deaths of two men whose bodies were found in a London, Ont., apartment this weekend.

Police say Jason Cleveland is charged with two counts of second-degree murder and one count of committing an indignity to a human body.

Police say no other suspects are sought.

THE CANADIAN PRESS

U.S. highway

95-car pileup ends in deaths, injuries

Three people are dead and 25 injured after 95 vehicles piled up on a foggy U.S. highway.

Police say the vehicles were caught in 17 separate crashes along the road near the Virginia-North Carolina border.

A spokesperson said the injuries ranged from serious to minor and that the main cause was excessive speed.

THE ASSOCIATED PRESS

Victim in Toronto mall shooting took part in armed home invasion

The victim in Toronto's latest homicide was involved in a violent home invasion in Windsor in 2005.

Michael Nguyen, 23, was shot and killed outside a Sears at Yorkdale Mall on Saturday, shortly after 8 p.m.

Police said Nguyen was known to them and released a photo of him on Sunday. Windsor lawyer Frank Miller recognized him as a former client, whom he represented in relation to a home invasion.

In 2008, Nguyen pleaded guilty on several charges and received an adult sentence of five years. He served only about two-and-a-half years in custody because of a sentencing credit.

Miller said there was evidence Nguyen was part of a gang called the Asian Assassins.

"There was a couple ... living in an older, not-very-wealthy part of Windsor," Miller recalled. "They came to the door … and there was a pizza delivery man there.... He said they hadn't ordered in and when he turned back there was a guy with a shotgun."

Michael Nguyen

Three minors, including Nguyen, and one adult entered the home armed and bound the woman and the man who lived there with zip ties, Miller said.

"Before they found the woman ... she called 911."

The man had $20,000 in the home in small bills, which he later said had come from gambling, Miller said.

Police arrested the four assailants, recovered four guns they hid under a bed and found a fifth gun suspended by a piece of wire in a toilet tank.

JESSICA SMITH/METRO IN TORONTO

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Exxon Mobil pipeline spills Canadian crude

Mayflower, Ark.
Cleanup crews trying to prevent oil from reaching nearby lake

Exxon Mobil Corp. says crews are working to contain and clean up an oil spill near Mayflower, Ark., after its Pegasus pipeline ruptured Friday afternoon. The pipeline carries Canadian heavy crude oil from Patoka, Ill., to refineries on the Texas Gulf coast.

Exxon Mobil issued a release that said the company was responding to a spill of more than 10,000 barrels, and that some 4,500 barrels of oil and water had been recovered.

The company said the 20-inch pipeline had been shut down as crews tried to prevent the spilled oil from reaching a nearby lake. It said cleanup operations were being co-ordinated with the Department of Emergency Management and other local authorities, and that the cause of the spill was being investigated.

Last week federal regulators proposed that Exxon Mobil pay $1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled an estimated 238,000 litres of crude oil into Montana's scenic Yellowstone River in July 2011.

The spill fouled approximately 110 kilometres of the Yellowstone River's banks, killing fish and wildlife and prompting a massive cleanup.

The latest spill comes as proponents of the proposed Keystone XL pipeline have been trying to convince Washington to give the project the green light. Opponents of TransCanada Corp.'s plan to pipe Alberta oilsands bitumen to the U.S. Gulf Coast denounce it as an environmental catastrophe in the making. THE CANADIAN PRESS

Google employees shoot pool in a break room at the Google campus in Mountain View, Calif., on March 15. Silicon Valley companies are planning a flurry of massive new perk-laden headquarters. JEFF CHIU/THE ASSOCIATED PRESS

Big Tech bets on big perks

Apple's planned ring-shaped, gleaming "Spaceship Headquarters" in Cupertino, Calif., will include a world-class auditorium and an orchard for engineers to wander.

Google's new campus will feature walkways angled to force accidental encounters. Facebook, while putting final touches on a Disney-inspired campus including a Main Street with a barbecue shack, sushi house and bike shop, is already planning an even larger, more exciting new campus.

More than ever before, Silicon Valley firms want their workers at work. Yahoo CEO Marissa Mayer has gone so far as to ban working from home, and many more offer prodigious incentives for coming in to the office, such as free meals, massages and gyms.

This spring, as the tech industry is soaring out of the Great Recession, plans are in the works for a flurry of massive, perk-laden headquarters.

"We're seeing the mature technology companies trying to energize their work environments, getting rid of cube farms and investing in facilities to compete for talent," said Kevin Schaeffer, a principal at architecture and design firm Gensler in San Jose, Calif. "That's caused a huge transition in the way offices are laid out."

New Silicon Valley headquarters or expansions are underway at most of the area's major firms. THE ASSOCIATED PRESS

Publishing.
Free press returns to Myanmar

For most people in Myanmar, it will be a novelty when privately run daily newspapers hit the streets on Monday. Many weren't even born when the late dictator Ne Win imposed a state monopoly on the daily press in the 1960s.

But for 81-year-old Khin Maung Lay, the rebirth of daily newspapers is like a second lease on life. He is chief editor of Golden Fresh Land, one of four dailies going on sale Monday as Myanmar takes another step in its march toward democracy. He's old enough to recall there once had been a big and vibrant daily press in the Burmese, English, Indian and Chinese languages in the period of parliamentary democracy after Myanmar, known then as Burma, won independence from Britain in 1948.

He acknowledges there are innumerable challenges ahead, but said he is ready to face them "in the name of freedom of press." THE ASSOCIATED PRESS

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EARTH TO CITY COUNCIL: GET REAL

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Coun. Paula Havixbeck spent more than $2,300 of public money on gingerbread cookies before Christmas. Russ Wyatt dropped more than $1,800 on turkeys last year. While Ross Eadie picked up $3,000 worth of bus tickets.

Outrageous? Perhaps. But also perfectly legal based on the loose rules that city councillors have established for their own ward allowances.

No, the problem isn't that councillors are breaking the law. It's that they seem to have lost touch with the reality of what working life is like for the people they're supposed to represent.

For example, most of us are responsible for paying for our own monthly parking or transit passes. It's part of being a grown-up and having a job. But city councillors get to expense hundreds in monthly parking fees so they can have covered (and sometimes heated) spots in garages near city hall.

With all due respect, councillors aren't royalty. Yes, they might be important and busy and have lots of meetings. But we're all busy, we all have meetings and there are a lot of people out there with jobs that are more important than being a city councillor.

I've worked from home on occasion for more than 10 years, but I've never once thought about expensing my Internet or cable bills like Coun. Justin Swandel has done. Even worse, Swandel is charging the public for a premium cable package worth nearly $1,200 per year, which goes well beyond the few local stations he might justifiably need to monitor for his work.

Most of us can't use company funds to benefit charities we're involved with, regardless of how worthy the cause might be, because it's a conflict of interest. But that's exactly what Thomas Steen did in spending $695 of his office budget on an autographed hockey stick for the Amadeus Steen Foundation, where he serves on the board.

While business lunches are a legitimate expense for many regular folks, usually we're expected to submit those claims promptly, and explain to our bosses what was discussed at the meeting. But for Coun. Wyatt, dropping off 35 receipts in December — some of them dating back to last February — with descriptions like "planning" is perfectly acceptable.

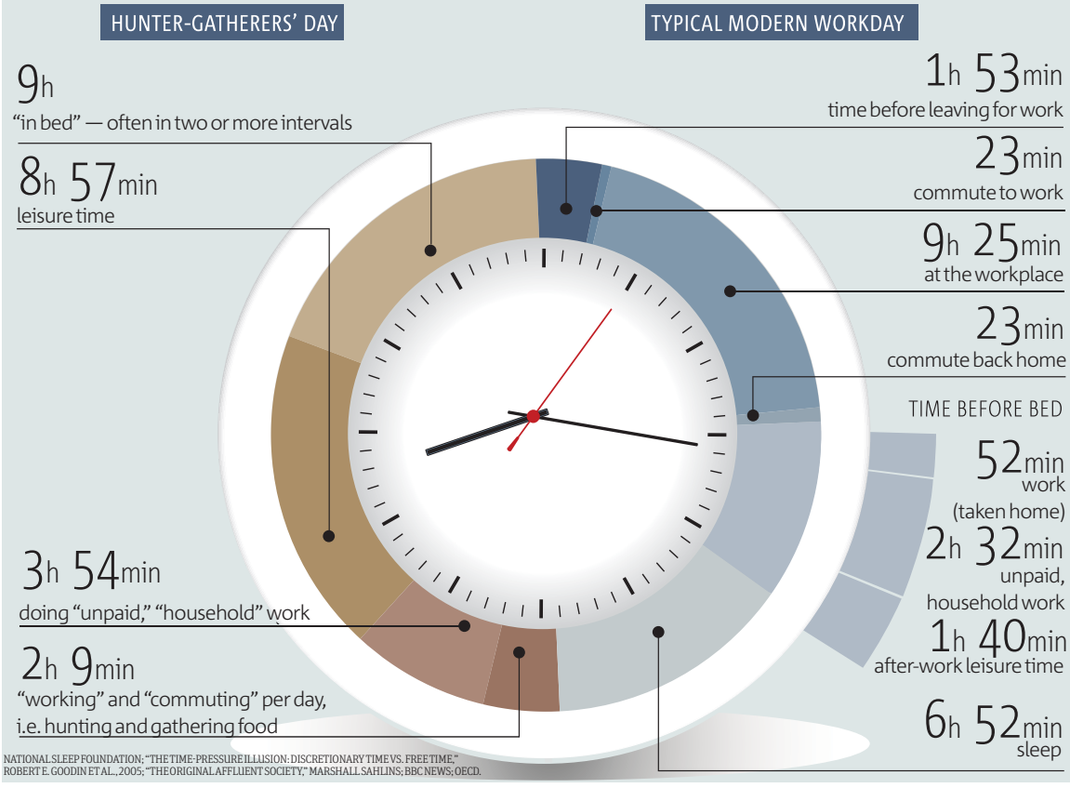
The notion of the Christmas bonus was abandoned long ago by most employers, who prefer to have a more structured salary system. But many city councillors appear to think it was fine to pay their executive assistants an inflated salary at the end of December's "burn through the budget" period, with one assistant making more than triple the usual rate of pay.

With an extra $40,000 in ward funding on the books this year, the opportunities for eye-rolling expenses will only increase. If council wants to ensure it doesn't drift further out of touch with the public, then it needs to get a grip on its freewheeling expense policy and set some firm budget restrictions. After all, that's how the rest of us work.

ZOOM

Where did all of our time go?

If you feel time-poor and complain there aren't enough hours in the day, you're not alone, and, most likely, it is not your fault. Better organization will not fix the time crunch. The eight-hour-day movement has failed miserably: The Industrial Revolution robbed us of normal sleep patterns, and the Digital Revolution made us work at home. The average working-age person already has only one hour and 40 minutes of leisure time per day, 5.37 times less than our hunter-gatherer ancestors.



NATIONAL SLEEP FOUNDATION; "THE TIME-PRESSURE ILLUSION: DISCRETIONARY TIME VS. FREE TIME," ROBERT E. GOODIN ET AL., 2005; "THE ORIGINAL AFFLUENT SOCIETY," MARSHALL SAHLINS; BBC NEWS; OECD.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The golden age of radio dramas is long gone, but the genre lives with help from podcasters who use new technology to reinvigorate an old art form. Subscribe to these three in the iTunes store for regular doses of beautifully produced theatre of the mind:

The Truth:

Strong improvisation and on-location recording by a team of stage and radio veterans keeps this series of "movies for your ears" inventive and surprising. In Good Hands, the story of a secret world below an abandoned subway station, is genuinely chilling.

Chatterbox Audio Theater:

A nice mix of classics such as Oedipus, recreations of famous radio dramas and original collaborations that explore everything from life in prison to our relationship with fear.

Welcome To Night Vale:

An oddly funny biweekly community update from the town of Night Vale, where regular small-town life unfolds before a surreal backdrop of supernatural events, dark hooded figures and disturbingly powerful municipal leaders.

Letters

RE: Sadistic, tyrannical, unstable ... psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell, published March 26

I was absolutely disgusted by what Dr. Penn stated: only top quality, sustained psychological care could have helped Ashley Smith's extreme problems. At that facility they no doubt use the standard way of treating patients.

Everyone assumes that psychiatrists are helpful, but in reality their goal is to make patients feel content and getting to the base problem. Instead, when people are down you must push them far into the zone of happiness, and show them that past feelings and thoughts have created every situation in their life. Every person on Earth has the opportunity to live a happy life. So why are we throwing people in jail cells and feeding them harmful drugs?

Dayna Vago, London, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Promo

A poster says 1,000 words

Being that Mad Men is a show about advertising, it's always been important that it have great advertising itself, and the promotional image for season six is no different — though it does break from the show's previous style in a very striking way. For the image, Mad Men turned to 75-year-old illustrator Brian Sanders, who created a lush, period-appropriate image with two Don Drapers and plenty of suggestive imagery. "I know people are looking for meaning and everything. There is a lot of meaning in it," series creator Matt Weiner concedes. "It came from a dream. I had this dream — and it was not Don, it was me, but a lot of stuff is like that." So what was that dream — and this season's promo poster — about exactly? Never a fan of divulging specifics, Weiner at least offers that the focus is on "the anxiety that is created by — in all of these characters — wondering why they are the way they are," he says.

The Internet can make a man go mad

Online angst.
Mad Men creator Matt Weiner's friends and family have banned him from reading negative criticism

NED EHRBAR
Metro World News in Hollywood

A word of caution to angry Internet commenters and recappers: Mad Men creator Matt Weiner knows what you're writing about his show. Or at least he used to until he was banned from visiting them by his wife and writing staff.

"This is a terrible job for someone as oversensitive as I am. When I was on The Sopranos, it didn't even exist," Weiner says.

"I try and stay away from it. What usually happens now is somebody — a friend — will send me something. And it's still this addiction."

To Weiner, it's pointless to fight the compulsion to seek out criticism.

"This is human nature," he says.

"There's two jars in the next room. One of them is filled with little fortune cookie fortunes, and the other one has two of them in it.

"(The big jar) is the good things about you, (the little jar) is the bad things about you that people have written. Go in there. You get to pick one piece of paper. You pick the bad one. I will keep looking until I find something bad. I don't even know how it works."

For an example, he offers an episode from last season, Signal 30, that garnered some reactions he didn't appreciate.

"It was Vincent (Kartheiser's) performance, you know, when he's in the elevator and says, 'We're supposed to be friends. I have nothing,'" Weiner remembers.

"That to me is like the saddest thing I ever wrote. I was very emotional about it, and when it aired people are like, 'A Pete story. I hate that.' So I just try and stay away from that stuff as much as possible."

Hence the banning. And he's been good for the most part, but he did slip up a few times last season.

"I really was off it for a while, and then (the season five episode) the Suitcase happened and everyone was like, 'You've got to read this. You have to read what people said about this thing,'" he says.

"So I read it and I loved that episode, but the episode that was on the week after that was actually my favourite of the season, the Summer Man. It's a very emotional story for me. So of course I read (the reactions) the next week and it's, like, brutal.

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

With season six debuting, maybe it's time for Weiner's wife and staff to look into some parental controls for his web browser.

What's in store for Jon Hamm in the next season of Mad Men? HANDOUT

Sticks and stones

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

Mad Men creator Matt Weiner on getting upset over criticism of his show on the web

Pushing Peggy for some answers

NED EHRBAR
Metro World News in Hollywood

When Elisabeth Moss found out last year that her Mad Men character, Peggy Olson, would be leaving her job at Sterling Cooper Draper Pryce, she had just one question. "He called me before the Episode 11 script came out, and he told me the whole thing," she recalls. "He called me and said all this stuff's going to happen and you're going to leave. I literally was like, 'That sounds amazing: Am I still on the show?' He was actually a little bit offended and he was like, 'Of course! Yes!' I was like, 'Well, it's a logical question.'"

Moss is still very much a part of Mad Men going into the new season, even if she's off to a new agency — though she admits she was a bit worried about how much screen time she'd have now that she's not an employee of Sterling Cooper Draper Pryce. "I was, actually, at first, to be honest. I totally was," she says. But now? "The only thing I can say is I'm very happy with where it's gone, I'm very happy with what's happened. I was actually pleasantly surprised by how much I had to do in this season. I was kind of expecting not to be in it so much, because I thought well, I'm at a different agency. And I'm pleasantly surprised."

While doing press for the new season of the hit series, Moss even acknowledged her own presence in interviews didn't necessarily mean Peggy would be seen much in season six. "Maybe this is a huge trick. This is a big red herring," she jokes.

"They're like, 'You have to come do press.' I'm like, 'I'm not on the show anymore!' No. I am on the show," she says.

Elisabeth Moss. HANDOUT

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber

Bieber's got nothing to declare except his monkey

Justin Bieber just can't catch a break. Heading into Germany for the next leg of his European tour, the pop star was hit with an unsettling surprise when his prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal."

Jeremy Renner

Renner, ex new parents to baby girl

Avengers star Jeremy Renner and an ex-girlfriend welcomed the birth of daughter Ava Berlin Renner, according to Us Weekly. "They are beyond thrilled," a rep for Renner says in a statement. "Mother and daughter are doing great." Though the parents are no longer together, Renner had made a point of putting the mother-to-be up in his Los Angeles home as she awaited the birth. "They used to date but it wasn't serious," a source says, adding that Renner was "being ultra-secretive about it, but she has been going on about her life and not hiding it."

Amanda Seyfried ALL PHOTOS GETTY IMAGES

What's the worst insult a young actress can endure?

This might be it. Les Misérables star Amanda Seyfried was mistaken at LAX for her Mean Girls co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering her previous comments about Lohan: "Lindsay was great on Mean Girls. I think that was before she got a little nuts," Seyfried previously told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were two, to be sane."

Twitter

@KChenoweth
How can one weigh 88 lbs and still have a muffin top?

@ParisHilton
Just finished judging Miss Ukraine, had a great time. Now to the after party to celebrate my friend Alexander Onyschenko's birthday!

@MissKellyO
Whenever Im bored I brake out my binoculars & lurk at people from my balcony just saw a man pick his nose & eat it.

@bobsaget
Every day that I begin with eggs goes really well.

Pop goes the week

Don't say hello to Eva Mendes' dog

STARGAZING
Malene Arpe
scene@metronews.ca

Eva Mendes is upset that people know the name of her dog and finds it "creepy" that passersby say "Hey, Hugo" when she's walking her pet. Hugo, meanwhile, finds it really weird that Eva gets to see Ryan Gosling naked on a regular basis and yet dwells on creepy things that aren't creepy at all.

James Franco says he kinda understands why people hate Anne Hathaway while James's neighbour says James litters and is a never-ending nuisance. No truth to the rumour that the neighbour rented under the name Spanne Blathapay.

Matthew McConnaughey says that his friend Lance Armstrong "told a lie, (but) he's not a liar". Matthew continues, "read more on this particular line of reasoning in my upcoming book I Make No Sense But That Doesn't Make Me A Not-Making-Sense Maker."

Eva Mendes

In collaboration with Coca-Cola and American Idol, Carly Rae Jepsen will allow people to vote on the lyrics for her next song. Three options will be presented for every line of the song and the voting is already heating up to decide whether "Here's my slumber, so wake me Katey," "Here's my plumber, so save my baby" or "Here's cucumber so, like, make some salad or something" is the winner.

Kim Kardashian says that she and her collaborator Kanye West want to name their baby "something that's unique". May we suggest Er Shun or Da Mao. Or perhaps simply Kanda.

A Vera Wang store in Hong Kong has started charging $500 if you want to try on a wedding gown. Thus adding monetary pain to the realization that you still have some four months of paleo-dieting to go.

Manteresting is a new site for men who hate that Pinterest is the worst because of all the women and their women things and that it doesn't have enough pictures of things made from meat and rusty nails. If it's a success, watch for Manstagram, Manspace and Why Don't Men Have Anything In The World That They Control Book.

According to a Details poll, the celebrities who most often feature in people's naughty fantasies are Ryan Gosling and Mila Kunis. Better luck next year to the cast of Splash.

Long waits

Start a story, kill some time

I came up with this little trick during one of my son's many visits to one of his specialists at Toronto's Hospital for Sick Children.

All you do is tell a story. One person starts the story by telling the first line and it then moves to the next person who continues the story along by adding another line.

You continue until you feel the story is complete.

It helps kill time during those long waits.

NATALIE ROMERO OF YUMMYMUMMYCLUB.CA

Learning

App turns kids into artists

Skatoony: Skadoodle (99 cents on iTunes) is a great example of an app where learning and fun are at your fingertips. It's not about basic shapes for toddlers. We're talking trapezoids, verticals, horizontals, semicircles on the right, and spirals inside circles. Press the buzzer, and you have about 20 seconds to guess what image you've drawn. Hurry.

Guess correctly and you earn Skatoony Bucks.

RUTH SPIVAK OF YUMMYMUMMYCLUB.CA

Exclusively online

Mommy and Daddy desperately need a vacation and they're off to Florida. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling exhausted? Laugh it off

Handling sleep deprivation. Here are some tips for surviving the day after the kids have kept you up all night

ANDREA NAIR
YummyMummyClub.ca

As I drag myself off the floor where my three-year-old and five-year-old are happily playing, I am trying to summon motivation to help stop feeling sorry for my tired body that was kept up last night by a feverish child. Life has to go on today — no calling in sick here.

How many of you are nodding with me?

I am making this list to help myself today because I managed in the past to get through many sleepless nights, and the following sleepy days.

My goal is to make it through intact and not let my tiredness turn me into a jerk.

Whether you are at work or at home, use any of these caffeine-free tips that suit you to help through your sleepy day.

1) Create a safe zone for the kids and then curl up near them for a power nap.
When the kids were younger, I would barricade them in a small area and fall asleep on the floor beside them. Now I can sleep through a blaring TV or Lego dismantling.

Quote

My goal today is to make it through intact and not let my tiredness turn me into a jerk.

2) Stop telling yourself you are tired.
Positive thinking will make a big difference. Put on your glass-half-full goggles. There have been many studies that demonstrate humans can do just fine on even four hours of sleep if they need to.

Remind yourself of this all day.

3) Don't sit around too much, and try to get outside.
I find I am more tired when I am sitting.

If I take the boys outside or to play somewhere else, I often forget how tired I am. But don't push yourself too hard for multiple days in a row.

A day or two here or there of pushing yourself onto your feet will be OK.

If this is a repeated pattern, you run the risk of harming your health.

4) Do something that will make you laugh because laughing releases the same tension as tears.
I do feel like crying — all day. So laughing is a much better option! My choices are usually: air guitar to my favourite songs, hanging with friends, watching a funny video.

5) Do some yoga and/or meditation.
Inversion poses are super for waking the body and mind.

If I start to feel fuzzy, I do a sun-salutation series or meditate for a couple minutes.

6) Drink water with lemon and eat real food.
Junk food is not only bad for you, it often makes you sleepy.

7) Have a shower, do your hair and wear nice clothes.
For some reason I feel better when I'm not in a pony tail and saggy-butt grey sweat pants.

I need to put my psychotherapist hat on and say that if sleepless nights are a chronic problem, seek professional help either through a trained child sleep expert (my go-to girl there is Alanna McGinn) or a trained counsellor.

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Feeling down and out? Try our pick-me-ups. ISTOCK PHOTOS

Use your stroller to create strong, toned legs

Get out into the world and tone up. ISTOCK PHOTOS

Early spring can often be absolutely gorgeous and you can take advantage of those occasional warm spring days to do a little stroller fitness on your own.

Warm up
Start by walking briskly. Find a quiet street or park with paved paths so you can maintain your preferred speed without crashing into pedestrians. Few pedestrians enjoy that. Walk or jog for five to 10 minutes until you have broken a sweat and feel warm and slightly breathless.

Strength
Walk or jog one to two blocks (or about one minute) between each of the following exercises.

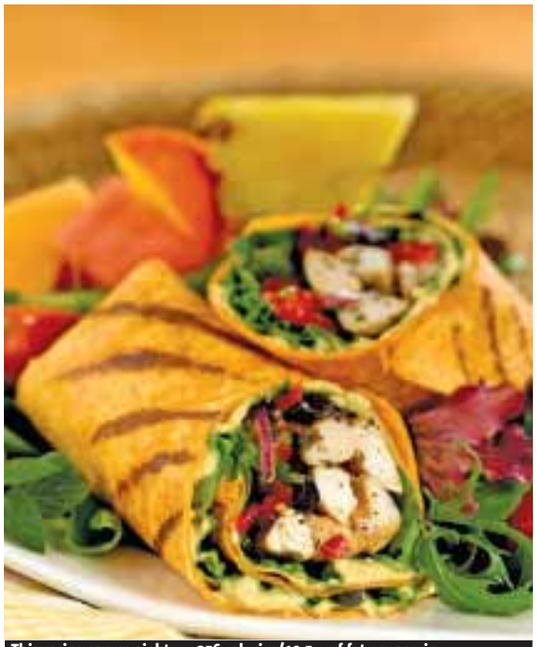
Walking stroller lunge and pulse.
With both hands on the stroller and elbows slightly bent, take a large step with your left foot and drop into a lunge position until your left thigh is roughly parallel with the ground. From the lowest position you can maintain, pulse up one inch and back down, then step up and move forward with your right foot this time. Continue walking until you have performed 20 lunges, alternating as you would while walking.

Stroller butt kick
With both hands on the stroller and elbows slightly bent, jog and kick your heels up to tap your bum (or get as close to tapping as you can), squeezing your hamstrings. Try leaning slightly forward and staying on the balls of your feet to kick faster and harder. Continue jogging forward until you have performed 30 kicks on each leg, or 60 total.

Bonus points
Every time you pass a wall or bench, stop to perform five to 10 push ups for some upper body strength training, too.

DARA DUFF-BERGERON OF YUMMYMUMMYCLUB.CA

Spring into the warmer weather with an energizing spinach wrap



This recipe serves eight — 256 calories/10.5 g of fat per serving.
BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a wrap I developed for the Pickle Barrel chain of restaurants in Toronto. When the customers want a healthier wrap, this is what they order. The spinach, chicken and hummus combo is a winner. Homemade hummus has fewer calories and less fat than the store-bought type.

1. Working with one at a time, pound the chicken breasts to an even ½-inch thickness between two sheets of waxed paper. Spray a non-stick grill pan with cooking oil and sauté the chicken for 8 minutes, or until no longer pink in the centre. Slice into thin strips.

2. Stir peppers, onion, feta, tomatoes, olives, oil, basil and garlic together in a large bowl.

3. Spread the hummus over the tortillas. Place the vegetable mixture over the hummus. Scatter the spinach leaves overtop and add the chicken. Roll the bottom of each tortilla up and over the filling, fold in both sides, and continue to roll up tightly. Cut each roll in half.

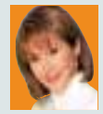
ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 oz skinless boneless chicken breast
- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red or sweet onion
- 1/3 cup low-fat feta cheese, crumbled
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup diced black olives
- 1 tbsp olive oil
- 1 1/2 tsp dried basil
- 1 1/2 tsp minced fresh garlic
- 2/3 cup hummus
- 4 large whole wheat tortillas, or flavour of your choice
- 1 cup baby spinach leaves

Healthy eating

Choose it and lose it



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rosereisman.com

Of course fries are deep-fried, which equals calories and fat. Next time, reach for another option instead.

New York Fries Classic Fries (regular)

580 calories / 27 g fat
Even though these fries are cooked in trans-fat free, non-hydrogenated sunflower oil, there are very few nutrients in this meal or snack. This represents one third of your daily calories and fat. Not worth it!

Equivalent

The regular fries are equal in fat to five Wendy's baked potatoes with sour cream.

New York Fries Hot Dog with cheese sauce

435 calories / 21.3 g fat
I don't often recommend hot dogs, but there are not a lot of choices at New York Fries. Even with the cheese sauce, it's a marginally better choice than fries.

Keep on blogging all the way to the bank

Word to the wise.
Stop not, valiant scribe

JULIA WEST
Metro World News

In the blogging biz, your fingers are your best friends. Get typing! ISTOCK

There's no get-rich-quick scheme when it comes to blogging. Creating a website, building an audience and eventually garnering revenue is an exhausting process — which is why most successful blogs are labours of love. A good blog stems from an unwavering desire to do the thing you most enjoy and share it with the world.

Lauren Lilling had a degree in finance, but Wall Street just wasn't cutting it for her. A year after starting her blog, Keep It Sweet Desserts, Lilling left the world of finance and devoted her time to a new business: a blog and "e-bakery" where users can order treats like her seasonally appropriate "Matzo-crack" salted chocolate matzo.

Like any savvy business owner, Lilling drew on what she knew. "As someone who worked in finance prior to starting a business, I was able to use skills from my previous career, leverage the social media buildup I had from blogging and build on the relationships in both places," she says.

Babette Pepaj runs TECHmunch, a conference for food bloggers to help them do what Lilling has done. Pepaj travels around the U.S. to help food bloggers make their work more financially rewarding, she says.

"The unsuccessful bloggers I've seen are the ones who are short-term planners," says Pepaj. Most important, she says, is keeping the blog active to attract interest from advertisers. "You can't expect a brand to look at your blog that hasn't been updated in four weeks and think your community is engaged," she says.

Of pennies and posts

Two tips for turning your blog into a career:

- **Have a clear focus.** In this case, casting a wider net will not necessarily get you a wider audience.
- **Use social media.** Utilize different platforms in order to promote your brand and drive traffic to your site.

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Who rises to the top? Is it the person who delivers or the person who behaves a certain way? It's in your best interest to find out. ISTOCK

What's it like to work there?

Questions of culture. Find a workplace that suits your personality and your passions

YLVA VAN BUUREN
CareerBear.com

Corporate culture can be pretty far down on your priority list when you're in the midst of a job search, but don't underestimate its importance to your long-term satisfaction at a job, says Stefan Danis, CEO of Mandrake and NEXCareer.

Corporate culture refers to values, attitudes and behaviour of employees encouraged and supported by the organization.

The following questions can help determine the culture of an organization — and whether it is a good fit for your personality and work style. How you get the answers may take some detective work. Google the company, talk to employees you know who work there, if you have an on-site interview, arrive a little early and chat with the receptionist, and ask probing questions, at the appropriate time, during job interviews.

The good and the bad

What are people really saying?

If you're comfortable with the interviewer, ask more probing questions about what part of the work culture is not working so well. For example, the company is trying to hire more gen Xers and at the core, it has a traditional, inflexible work culture. Or, is it a high pressure workforce?

What stage is the firm at?
If it's a start-up, the culture is going to be fast-paced and probably entrepreneurial, which is a perfect fit if you're a high-energy sort, says Danis. If the company is in the midst of a turnaround, you're doing something on the clock. If the firm is sustaining success, the culture may be far more measured.

What does the workspace look like?
When you walk through the office for an interview, for example, notice how people work. If they all have their own offices, the organization is likely hierarchal. If there is an open concept with employees working and overlapping physically, the culture is likely more collaborative. How are people dressed? Do they seem friendly and happy… or closed and self-important.

Is a team atmosphere encouraged?
Talk to employees you know at the company or check out bulletin boards, etc., to see if there are employee "events" such as "huddles" every morning or rallying lunches. Do company meetings occur off-site at weekend retreats? Is there regular correspondence to employees?

How is performance measured?
Is there a formal annual process for reviewing progress? Is it more of a casual "just in time" feedback, or is performance management seen as a tedious process? "Some companies base merit increases on 'hard' accomplishments such as sales units while others measure 'softer' behaviours such as leadership skills and even reward them through a 360 feedback loop, where colleagues and stakeholders share their point of view on your style and how you go about your work." Danis says the latter would suggest an environment where a firm is actively encouraging a team agenda as opposed to highlighting individual talent.

The great web of work

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NCAA

Wolverines off to the Final Four

Canadian guard Nik Stauskas scored 22 points, including six three-pointers, and Michigan is going to the Final Four for the first time since the Fab Five era after a 79-59 rout of Florida in the South Regional final Sunday.

Nik Stauskas
GETTY IMAGES

Stauskas, a freshman from Mississauga, Ont., hit all six of his three-point attempts, including consecutive makes from the left corner for to give Michigan a 41-17 lead.

The Wolverines, with a steady rotation of six freshmen and a sophomore, are headed to Atlanta to play Syracuse (30-9) in a national semifinal game Saturday.

THE ASSOCIATED PRESS

Golf

D.A. Points wins the rain-delayed Houston Open

D.A. Points came back from a long rain delay and made four pars, the last one giving him a one-shot victory in the Houston Open and sending him to the Masters.

Points closed with a 6-under 66 on Sunday, saving par on the last two holes at Redstone Golf Club to outlast Masters-bound Henrik Stenson and Billy Horschel. The final round was halted for nearly three hours because of storms that soaked the golf course.

THE ASSOCIATED PRESS

Pittsburgh Penguins centre Sidney Crosby is helped by winger Pascal Dupuis after being hit in the face with a puck during the first period of their game against the New York Islanders in Pittsburgh, Saturday. Crosby did not return to the game. The Penguins won 2-0. GENE J. PUSKAR/THE ASSOCIATED PRESS

Crosby finds himself back on injured list

Out indefinitely. Sid's broken jaw overshadows Iginla debut and Penguins' win streak

Sidney Crosby has a broken jaw and is out indefinitely after being hit in the mouth with a puck during a win against the New York Islanders on Saturday.

The Pittsburgh Penguins said on the team website Sunday that Crosby had surgery Saturday night, and there will be an update on his status later in the week. Crosby, the NHL's leading scorer, was struck in the face during the first period of the Penguins' 2-0 win. Slow-motion replays showed multiple teeth flying out of his mouth after the puck struck him during his first shift. The team said Crosby had "major dental work" and will have more done later in the week.

The Penguins have won 15 straight games, and next play Buffalo on Tuesday.

Crosby has 56 points (15 goals, 41 assists) and holds a 10-point lead in the scoring race. He has not missed a game yet this season after being limited to 22 regular-season games over the prior two calendar years because of concussion-like symptoms and neck issues after absorbing big hits in consecutive games Jan. 1 and Jan. 5, 2011.

Midway through his comeback season, Crosby said he was feeling so good he "doesn't even think about" the risk of concussion or head or neck injury anymore after two years in which it dominated his life.

After Saturday's game, coach Dan Bylsma did not rule out the possibility Crosby would undergo evaluation for a concussion. There is no indication, however, that Crosby sustained a concussion and the Pittsburgh Tribune-Review, citing unidentified sources, reported Crosby is free of concussion symptoms.

THE ASSOCIATED PRESS

Iggy's take

The accident overshadowed not only the Pittsburgh's 15th consecutive victory — only one winning streak in NHL history has been longer — but also the Penguins debut of Jarome Iginla. Acquired via a trade with the Calgary Flames early Thursday morning, Iginla said players on the Penguins' bench were talking and asking about the condition of their captain during the game. "Very unfortunate play," Iginla said. "Seeing on the replay, he didn't see it coming at all."

Blackhawks forward Jeremy Morin scores on Red Wings goalie Jimmy Howard in the first period on Sunday in Detroit. DUANE BURLESON/THE ASSOCIATED PRESS

'Hawks rout Red Wings

In less than two minutes, the Chicago Blackhawks did all the damage they needed to do. And then they just kept scoring.

The Blackhawks scored three goals during a span of 1:39 early in the first period and Brandon Saad and Dave Bolland finished with two goals apiece in the Chicago Blackhawks' 7-1 win over the Detroit Red Wings on Sunday.

"Especially these early games, it's nice to get off to a good start," Saad said. "We got a couple of bounces and got a couple of goals and it was nice to play with the lead."

Jonathan Toews added a goal and two assists and Jeremy Morin and Nick Leddy also scored for Chicago. Cory Crawford made 33 saves.

"Contributions from everybody. It certainly helps when you get a quick start like that right off the bat," Blackhawks coach Joel Quenneville said.

Cory Emmerton scored Detroit's goal. Jimmy Howard was pulled in favour of Jonas Gustavsson early in the second period.

Chicago led 3-0 at the end of the first period after scoring on its first three shots in a 1:39 span in the game's first four-and-a-half minutes.

"We didn't play hockey tonight whatsoever. It's tough when you spot them a few goals right away from the start," Red Wings defenceman Niklas Kronwall said. "You dig a big hole for yourselves and we couldn't find a way to get back. It was embarrassing at times."

THE ASSOCIATED PRESS

4 SPORTS

Astros win Texas showdown

The Houston Astros' Rick Ankiel rounds the bases on a three-run home run, the first of the season, as the Texas Rangers' Adrian Beltre watches in the sixth inning of the home-opener, Sunday, in Houston. The Astros won 8-2. PAT SULLIVAN/THE ASSOCIATED PRESS

Louisville overcomes injury to secure spot in Final Four

March Madness. Cardinals will face Wichita State in the national semifinal on Saturday

With tears in their eyes and Kevin Ware in their hearts, there was no way Louisville was losing this game.

Russ Smith scored 23, Gorgui Dieng had 14 points, 11 rebounds and four blocks, and top-seeded Louisville put aside the shock from Ware's gruesome leg injury to earn a second straight trip to the Final Four with an 85-63 victory over Duke on Sunday afternoon.

As the final seconds ticked down, Chane Behanan put Ware's jersey on and stood at the end of the Louisville bench, screaming. Cardinals fans chanted "Kevin Ware! Kevin Ware!"

"We won this for him," coach Rick Pitino said. "We were all choked up with emotion for him. We'll get him back to normal. We've got great doctors, great trainers."

Ware played his high-school ball in Georgia and the Final Four is in Atlanta, just adding to the emotion for the victorious Cardinals.

"We talked about it every timeout, 'Get Kevin home,'" Pitino said.

This was the first time Pitino and Mike Krzyzewski had met in the regional finals since the 1992 classic that ended with Christian Laettner's improbable buzzer-beater, a game now considered one of the best in NCAA tournament history.

This game will be remembered, too, but for a very different — and much more sombre — reason.

THE ASSOCIATED PRESS

Head coach Rick Pitino of the Louisville Cardinals looks on as Kevin Ware is tended to after he injured his leg in a game against the Duke Blue Devils Sunday in Indianapolis, Indiana. Louisville won 85-63. STREETER LECKA/GETTY IMAGES

Quoted

"Remember the bone is six inches out of his leg, and all he's yelling is, 'Win the game, win the game.' I've never seen anything like that."

Louisville coach Rick Pitino on Kevin Ware, whose right leg snapped midway between his ankle and knee on a first-half shot block attempt.

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x-Atlanta	41	33	.554	17½
Boston	38	35	.521	20
Milwaukee	35	37	.486	22½
Philadelphia	30	43	.411	28
Washington	27	46	.370	31
Toronto	27	46	.370	31
Detroit	24	50	.324	34½
Cleveland	22	50	.306	35½
Orlando	19	55	.257	39½
Charlotte	17	56	.233	41

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	18	.753	—
x-Oklahoma City	54	20	.730	1½
x-Denver	50	24	.676	5½
x-L.A. Clippers	49	25	.662	6½
x-Memphis	49	24	.671	6
Golden State	42	32	.568	13½
Houston	40	33	.548	15
Utah	38	36	.514	17½
L.A. Lakers	38	36	.514	17½
Dallas	36	37	.493	19
Portland	33	40	.452	22
Sacramento	27	47	.365	28½
Minnesota	26	46	.361	28½
New Orleans	26	48	.351	29½
Phoenix	23	51	.311	32½

x — clinched playoff berth; z — clinched conference.

Sunday's results
Washington 109 Toronto 92
Chicago 95 Detroit 94
Miami 88 San Antonio 86
New Orleans 112 Cleveland 92
New York 108 Boston 99

Monday's games
All Times Eastern
Detroit at Toronto, 7 p.m.
Cleveland at Atlanta, 7:30 p.m.
Boston at Minnesota, 8 p.m.
Orlando at Houston, 8 p.m.
Charlotte at Milwaukee, 8 p.m.
San Antonio at Memphis, 8 p.m.
Portland at Utah, 9 p.m.
Indiana at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	28	8	0	123	84	56
New Jersey	35	15	11	9	88	97	39
NY Rangers	34	16	15	3	78	84	35
NY Islanders	35	16	16	3	100	112	35
Philadelphia	35	15	17	3	95	108	31

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	34	22	7	5	107	83	49
Boston	34	22	8	4	97	75	48
Ottawa	35	19	10	6	89	76	44
Toronto	36	20	12	4	112	100	44
Buffalo	36	13	17	6	94	113	32

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	36	18	16	2	89	106	38
Carolina	33	16	15	2	92	97	34
Washington	35	16	17	2	102	101	34
Tampa Bay	34	15	18	1	110	103	31
Florida	36	11	19	6	88	125	28

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	34	26	5	3	116	74	55
Detroit	35	17	13	5	91	92	39
Columbus	36	15	14	7	87	97	37
St. Louis	33	17	14	2	94	93	36
Nashville	35	14	14	7	87	96	35

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	34	21	11	2	97	86	44
Vancouver	35	19	10	6	92	90	44
Edmonton	34	14	13	7	87	95	35
Calgary	33	13	16	4	93	114	30
Colorado	34	12	18	4	84	108	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	35	23	7	5	107	90	51
Los Angeles	35	20	12	3	103	88	43
San Jose	34	17	11	6	85	84	40
Dallas	34	16	15	3	94	103	35
Phoenix	35	14	15	6	94	101	34

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Boston 2 Buffalo 0
Chicago 7 Detroit 1
Columbus 2 Anaheim 1 (OT)
Los Angeles 3 Dallas 2
Philadelphia 5 Washington 4 (OT)

Saturday's results
Carolina 3 Winnipeg 1
Colorado 1 Nashville 0 (OT)
Edmonton 4 Vancouver 0
Florida 3 New Jersey 2 (OT)
Minnesota 4 Los Angeles 3 (SO)
Montreal 3 NY Rangers 0
Philadelphia 3 Boston 1
Pittsburgh 2 NY Islanders 0
San Jose 3 Phoenix 2 (SO)
Toronto 4 Ottawa 0
Washington 4 Buffalo 3 (SO)

Monday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Carolina at Montreal, 7:30 p.m.
Colorado at Detroit, 7:30 p.m.
St. Louis at Minnesota, 8 p.m.
Nashville at Chicago, 8:30 p.m.
Anaheim at Dallas, 8:30 p.m.
Calgary at Edmonton, 9:30 p.m.
Vancouver at San Jose, 10:30 p.m.

MLB

All Times Eastern

AMERICAN LEAGUE

Sunday's result
Texas at Houston

Monday's games
Boston at N.Y. Yankees, 1:05 p.m.
Detroit at Minnesota, 4:10 p.m.
Kansas City at Chicago White Sox, 4:10 p.m.
L.A. Angels at Cincinnati, 4:10 p.m.
Seattle at Oakland, 10:05 p.m.

NATIONAL LEAGUE

Monday's Games
Miami at Washington, 1:05 p.m.
San Diego at N.Y. Mets, 1:10 p.m.
Chicago Cubs at Pittsburgh, 1:35 p.m.
Colorado at Milwaukee, 2:10 p.m.
San Francisco at L.A. Dodgers, 4:10 p.m.
Philadelphia at Atlanta, 7:05 p.m.
St. Louis at Arizona, 10:05 p.m.

INTERLEAGUE

L.A. Angels at Cincinnati, 4:10 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Take what you desire rather than wait for someone to offer it to you. Whatever your number one ambition in life happens to be, that is what you should now be aiming for.

♉ Taurus
April 21 - May 21
Usually you get your way through sheer force of personality but cosmic activity in the most sensitive area of your chart makes that more difficult now. If you want something you'll have to offer something in return.

♊ Gemini
May 22 - June 21
Requests for help of a financial nature will come your way but if you are smart you will turn them all down. The best way to help others is to show them how to help themselves.

♋ Cancer
June 22 - July 23
Someone in a position of authority is about to offer you the chance to move several rungs up the ladder of success. Before you proceed ask yourself a serious question: do you really want this level of responsibility?

♌ Leo
July 24 - Aug. 23
Your confidence may be soaring now but don't go to extremes. At best you will make a fool of yourself; at worst others will expect you to be like that all the time. Try not to forget it's only an act. Isn't it?

♍ Virgo
Aug. 24 - Sept. 23
You may feel irrationally jealous today, which is not like you at all. The fact is your nerves are still on edge from the effects of the recent full moon, so stay calm and try to take nothing too seriously.

♎ Libra
Sept. 24 - Oct. 23
The best way to avoid confrontation is to remove yourself from areas where it is most likely to take place. Everything will be fine if everyone respects your space – and, of course, you must respect theirs.

♏ Scorpio
Oct. 24 - Nov. 22
You may have a lot of practical issues on your plate at the moment but don't neglect your feelings – or the feelings of those you love. Make time for others today – and even more time for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aries is bringing all sorts of opportunities your way – all you have to do is reach out and grab them. But don't be greedy: there is plenty of good stuff to go around.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to hide your true feelings if you want to avoid a scene. If you fall out with someone today they will be in a huff for weeks, so bite your lip and focus on things you can agree on.

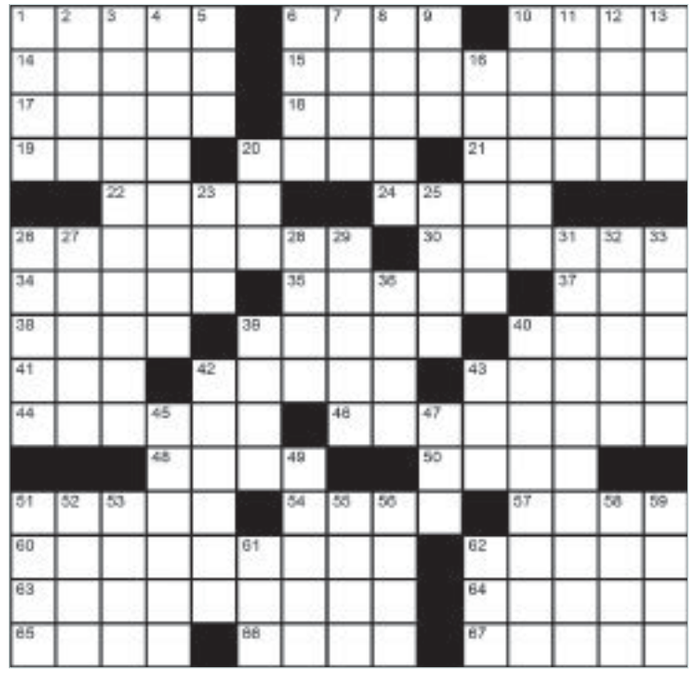
♒ Aquarius
Jan. 21 - Feb. 19
Seek out people who are fun, people who make you laugh when you are feeling down. And don't think of it as wasting time, because it's nothing of the sort.

♓ Pisces
Feb. 20 - March 20
You may be tempted to rush around today and finish all those half-completed jobs you think are so important. Don't bother. If they really were that important you would have done them all by now.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN

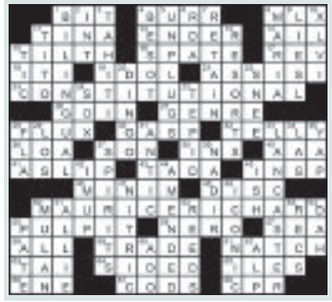


Across
1. Truth __
6. Bat's hangout
10. Way out there
14. Immobilizes
15. "Rock 'N' Roll is a Vicious Game" band: 2 wds.
17. John Keats, for one
18. Lager brewed in Saint John
19. "What __ wrong?"
20. Early Beatles hit: "Love __ __"
21. Scenic view
22. Burkina __ (Nation in West Africa)
24. Churn
26. Unwelcome plot giveaways
30. World Heritage site gr.
34. Broadcaster Mr. King
35. Tidal bore
37. 'Profit' suffix
38. Ancient Greece's war god
39. Affordable noodle dish
40. Disapproving sound
41. Li'l roads
42. Supercharger
43. Zestfulness
44. Mob gig
46. "King of Kensington" star: 2 wds.
48. Building dwellings, for short
50. __ Perpetua (Idaho's motto)
51. Make a masterpiece
54. Arrow poison
57. Dismounted
60. Photos-driven website
62. Domicile
63. __ Royal, Nova Scotia
64. 'Nost' add-on (Retro sentiment)
65. '50s singer Mr. Domino
66. Prefix meaning 'Fire'
67. 'Twilight' books

Hester Prynne in 1850 Nathaniel Hawthorne book The Scarlet Letter)
16. NBC's "The Voice" coach Adam
20. Three Stooges member
23. Dodgy
25. 'Adj' add-on (End until later)
26. Single-named rock guitarist
27. PQ = __ Quebecois
28. __ Admiral
29. Ballroom dance
31. Study of earthquakes
32. Jai Alai basket
33. Mr. Welles
36. Earth sci.
39. Pipsqueak pup
40. The __ Family, as on "The Cosby Show"
42. Jail cell communication: 2 sounds.
43. Tank filling
45. Big swimming rays
47. Moviedom's Mr. Craven
49. Bad-tempered
51. French singer Edith
52. Actress Ms. Faris
53. "Say it __ so!"
55. Couple
56. Retort to "Are not!": 2 wds.
58. "Thus with a kiss _ __." - Romeo
59. Rip
61. Elephant gr. in US politics
62. Winnie-the-Pooh writer's monogram

Down
1. Pack away
2. Earth: German
3. British Columbia's Great Bear __
4. Not on the main floor, say
5. Winter hrs. in Colorado
6. Showed up
7. Snake, for one
8. Racecar sound
9. '_' __ for Edmonton
10. Janet Jackson's "Let's Wait __"
11. Sounds of mild disgust!
12. Subj. for ABC character Meredith Grey
13. __ _ (Stigma for author Stephenie

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	8	6	5	2	3	7	9	4
3	5	4	9	7	6	1	8	2
9	2	7	1	4	8	6	5	3
5	4	2	8	6	7	9	3	1
8	3	1	2	9	5	4	7	6
7	6	9	3	1	4	5	2	8
2	7	3	4	5	1	8	6	9
6	1	8	7	3	9	2	4	5
4	9	5	6	8	2	3	1	7

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 3° MIN: -18°	MAX: 3° MIN: -11°	MAX: 3° MIN: -5°

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